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MANUAL
OF
CORRECT BREATHING
AND PHYSICAL EXERCISE



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MANUAL OF
CORRECT BREATHING
AND
PHYSICAL EXERCISE
FOR
BUSINESS MEN

COMPILED BY
A BUSINESS MAN.

PUBLISHED BY
REALHEALTH CO.,
LAKEWOOD,
OHIO.

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Harvard University
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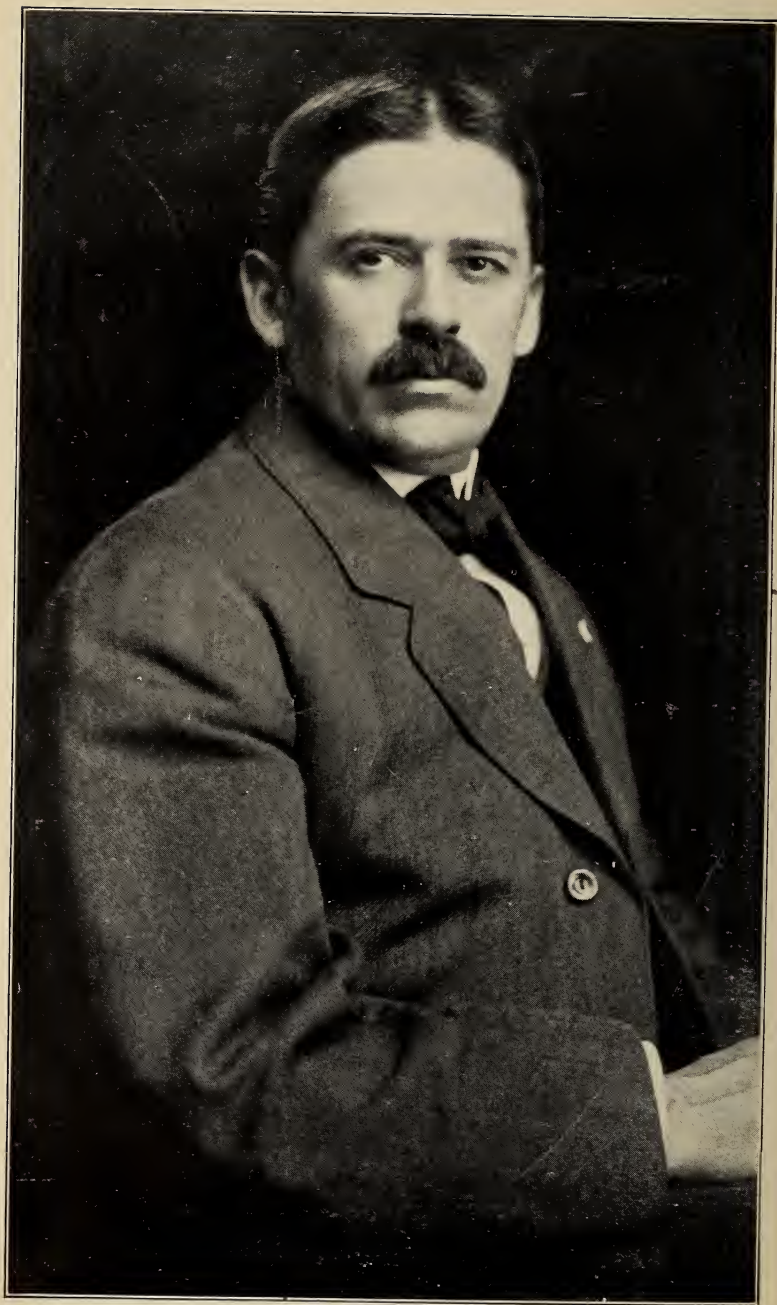


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Cl. A.
JUL 28 1909

INTRODUCTORY.

When Mr. Bloom took up the development of the exercises shown in this booklet, he did so solely from his personal standpoint, having in mind the keeping toned up, not developing, his own body and mind. The remarkable results obtained by Mr. Bloom attracted the attention of business men and friends and he soon had calls for the exercises and has frequently been asked to talk to business clubs and make a demonstration of them. This took a great deal of his time and he eventually decided to publish this manual which will be found invaluable to the business man. Never before has a system of exercise been given the public which was so simple or that would produce the development that this does in so short a time. Take a look at the cuts, bearing in mind that Mr. Bloom was in his Forty-Third year when he commenced using the exercises and had only used them twenty minutes a day since October 15, 1908, to March 4, 1909, the date these photographs were taken.

REALHEALTH COMPANY.



Business men, as a class, do not appreciate the absolute necessity of regular, systematic exercise as a means of maintaining the vigorous, virile, physical health so necessary to sustain the protracted effort now required to keep in the strenuous business game. Even athletes do not appreciate the benefit to be derived from the practice of deep and Rythmic Breathing. Exercise, that is, muscular exercise without the proper breathing exercise will do a great deal of good, but when physical or muscular exercise is supplemented by the practice of Rythmic Breathing the result both in increased vitality and muscular development is truly remarkable.

The writer is a business man and has been actively engaged in business as a salesman, and sales manager for more than twenty years. Nearly all men entering an active business life become sedentary in their habits, as inside work prevents even the benefit of getting into the open air, which the man carrying the grip enjoys; while the distance from the office, making it necessary for us to avail ourselves of the convenience of the elevated, subway or surface car to land us at the office on time, prevents the daily walk which, if properly taken, will do us much good.

Perhaps no better argument as to benefit derived from the exercise here described can be advanced than a recital of the writer's own experience :

“Six months ago I had a severe attack of nervous ague, chilled every day and had a high fever after each chill. This clung to me for over seven weeks before I could break it. During this time I lost about fifteen pounds in weight and became so weak that I was entirely unfit for business. About two years ago, when studying the Sheldon Course of Scientific Salesmanship, I had come to a realization of some of the benefits to be derived from systematic exercise and the practice of Rythmic Breathing. I then exercised quite regularly for some months with great benefit to my general health. Later, due to a depressed mental condition brought on by severe losses and business disappointment caused by our recent panic, I lost interest in my exercising and for about a year I did not take any. The result was the sick spell above mentioned, which I am confident would not have gotten the best of me had I kept my physical condition good by proper breathing and exercise.

As soon as I could get about again I began the practice of the exercises presented in this manual and in a few months I have secured perfect health.”

I HAD:—

Catarrh for over twenty years.

Indigestion which made me uncomfortable after each meal.

Kidney or bladder trouble causing much inconvenience on account of non-retention of urine.

Eczema of the scalp causing much irritation and falling out of the hair.

I NOW HAVE:—

Perfect health which is, "That harmonious relation between the three principal divisions of man, Body, Mind and Soul, which enables the physical organs to properly perform their functions and promotes the development of the positive faculties and qualities to a marked degree."—*Sheldon*.

And this all accomplished in a short time, that is, between October 15, 1908, and March 4, 1909, the date of this writing. Is it worth twenty minutes a day of your time? It is, I care not how valuable your time. If you could get your physical condition up to the point where no matter how strenuous your work you would never feel physically tired you would cheerfully put in twenty minutes each day and practice it faithfully, wouldn't you? You can positively do this and more, and when you come to a

realization of the improvement to your mentality resulting from your more vigorous physical health, for one's mental health improves with the physical in a direct ratio, nothing can prevent your taking a daily and systematic exercise. Of all exercise the breathing is most important as it vitalizes the entire man through enrichment of the blood by introduction of about three times the amount of oxygen ordinarily inhaled by the average business man. Physiology tells us that oxygen is to the body what fuel is to the boiler furnace; it therefore follows that it depends on the amount of oxygen taken in whether we are "High Pressure" or "Low Pressure" men. Most men use only one-third of the air-cells of the lungs and secure a fair degree of vitality. Each and every cell should be used if we breathe right. If we secure a fair degree of vital energy and physical health by the use of only one-third of these vitalizing cells, how much greater will our vitality and our capacity for work be if we use the other two-thirds? Think it over, and after thinking get action by practicing Rythmic Breathing, the only true solution for this important health problem.

THE THEORY OF RYTHMIC BREATHING.

EXPLANATION—The theory of Rythmic Breathing is breathing abdominally with a rhythmic movement or impulse; first a long beat, then a short beat, then a long beat,
—— ———. Each individual establishes the rhythm for himself according to his lung capacity at the time of beginning the exercise and this rhythm changes as

his lung capacity increases. A certain volume of air (cubic inches) will be inhaled in a given time and if the same muscular effort is exerted this volume of air will be exhaled or discharged from the lungs in exactly the same period of time, as the air loses nothing in volume, but simply gives up to the lungs its oxygen, taking up in return the carbonic acid gas given off, (a poison).

Theoretically it will take the lungs one-half the time required to inhale or take in a certain quantity (cubic inches) of air, to absorb from this air all the oxygen it contains, thus establishing the rhythm.

ILLUSTRATION—If you find it takes ten seconds to take a full inhalation (abdominal breath) you should hold it five seconds and discharge or exhale it in ten seconds. As your lung capacity increases you should change the rhythm accordingly. It is not absolutely necessary to positively fix the time you hold the breath, but it is evident that more marked results will be realized if the true rhythm is followed.

CAUTION—No benefit is gained by holding the breath longer than the time required by the lungs to absorb from the air its oxygen, only discomfort resulting.

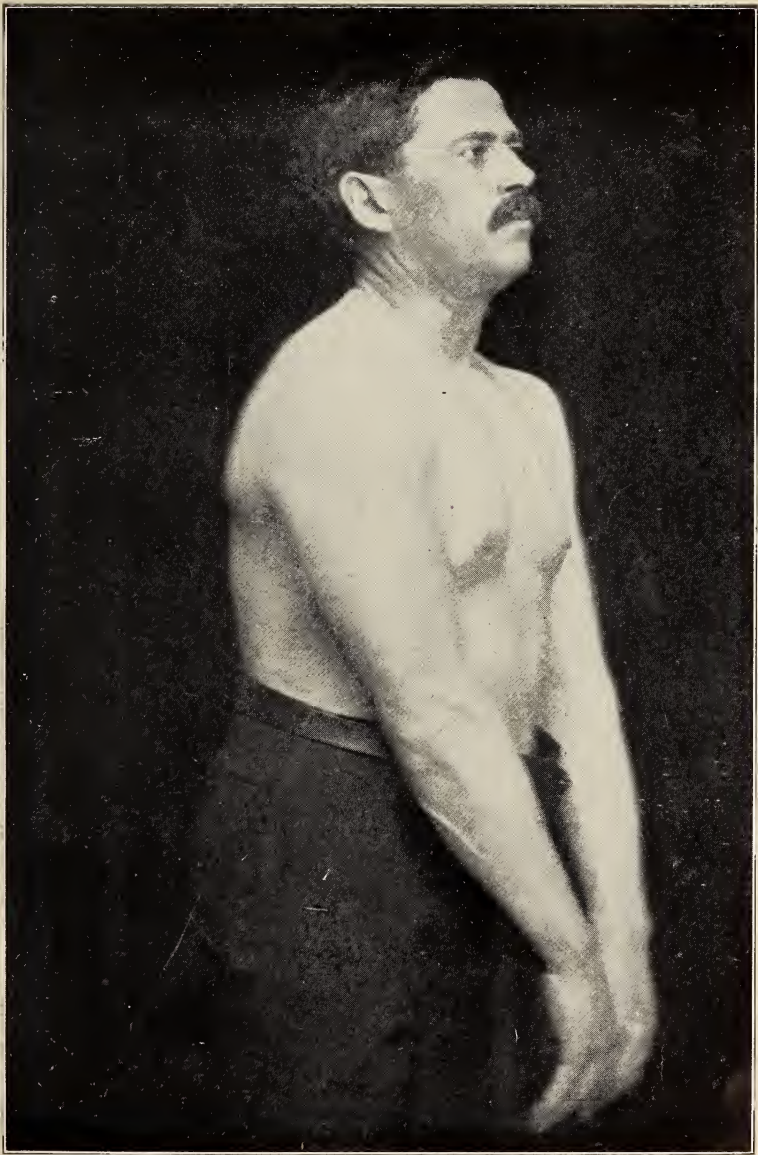
NOTE—It is important that a certain wave of motion be developed in practice of Rhythmic Breathing. This wave commences with the diaphragm and starts with a noticeable impulse of the abdomen and follows right up the chest to the throat as the lungs fill. Always breathe from the bottom of the lungs.

“ Make the man right and the sales will take care of themselves.”—*Sheldon*.

BREATHING EXERCISE. No. 1.

EXHALATION.

In this exercise it is important that a vigorous action of the diaphragm be secured in order that all the air possible be expelled from the lungs before inhalation. Stand in a natural position with the shoulders thrown forward. Always have window of room open or take exercise in the open air. If you find it difficult to control diaphragm use the hands pressing in when you exhale and removing pressure gradually as you inhale.

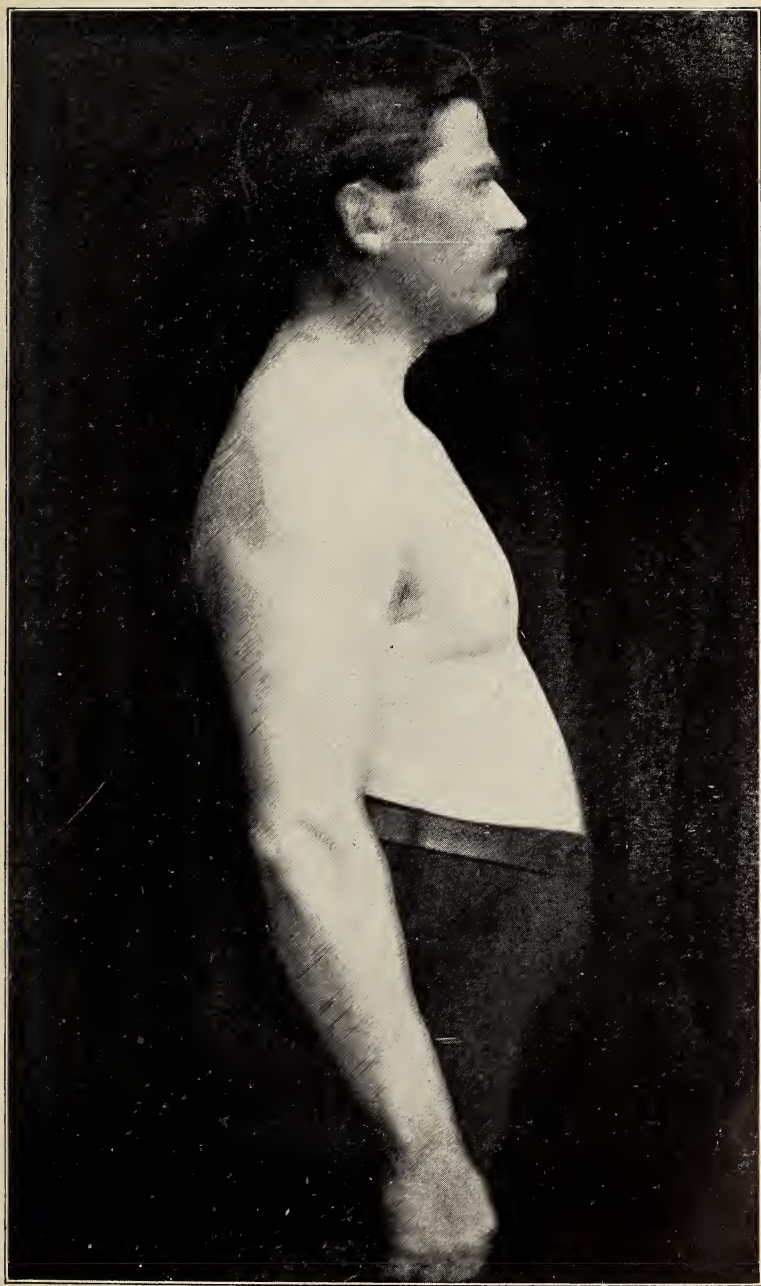


To make the man right we must first make him right physically.

BREATHING EXERCISE. No. 2.

FIRST IMPULSE OF INHALATION.

Notice the action of the diaphragm, how it is thrown down and outward thus enlarging the cavity of the lower thorax and allowing the lower lobes of the lungs to fill. Always breathe from the lower lungs, but be sure and fill the upper. Physicians say that in most autopsies they find the upper lobes of the lungs in the male badly congested and filled up. In the female it is the lower lobes which are affected. This is no doubt caused by the influence of corsets and other stays.

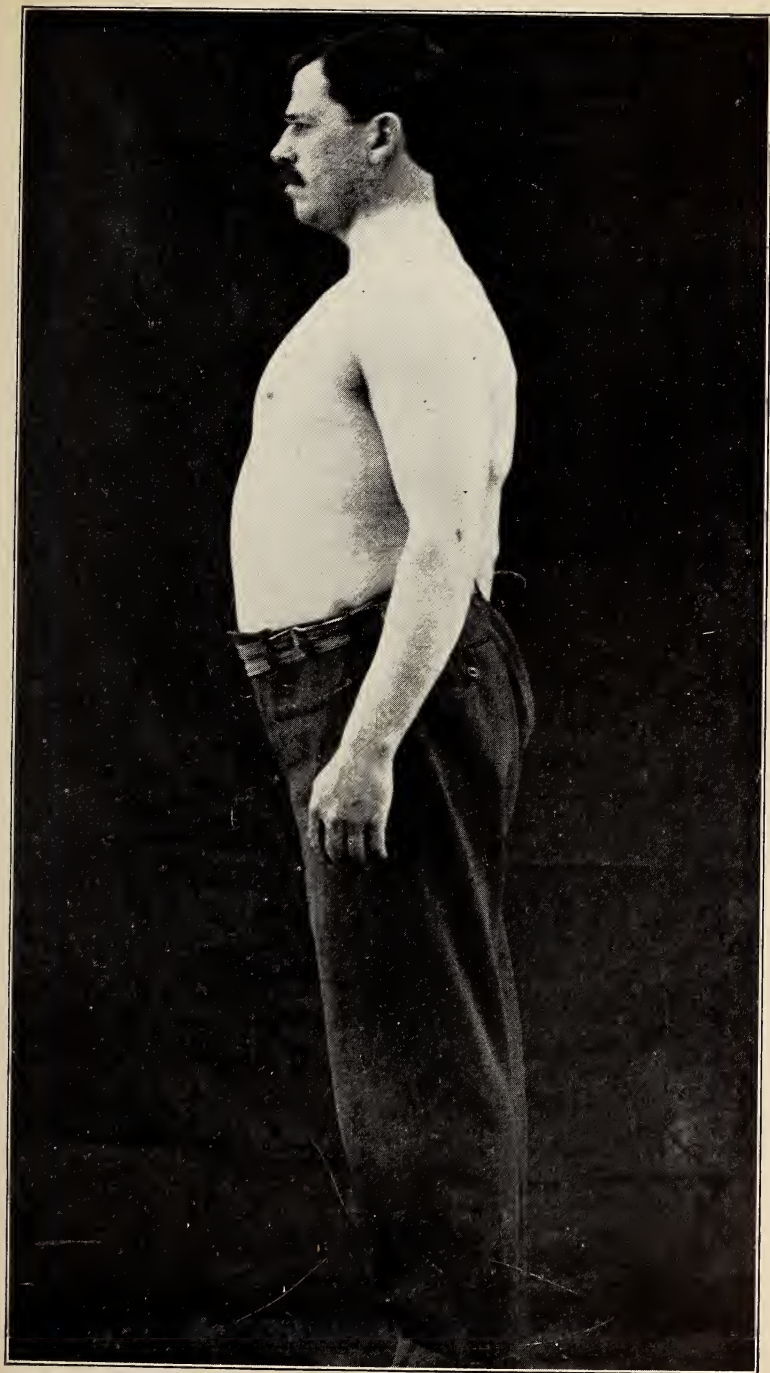


A man's earning capacity depends on his area development.

BREATHING EXERCISE. No. 3.

SHOWING LUNGS ONE-HALF FILLED.

Notice how the wave of motion follows from the abdomen to the chest as the lungs fill.

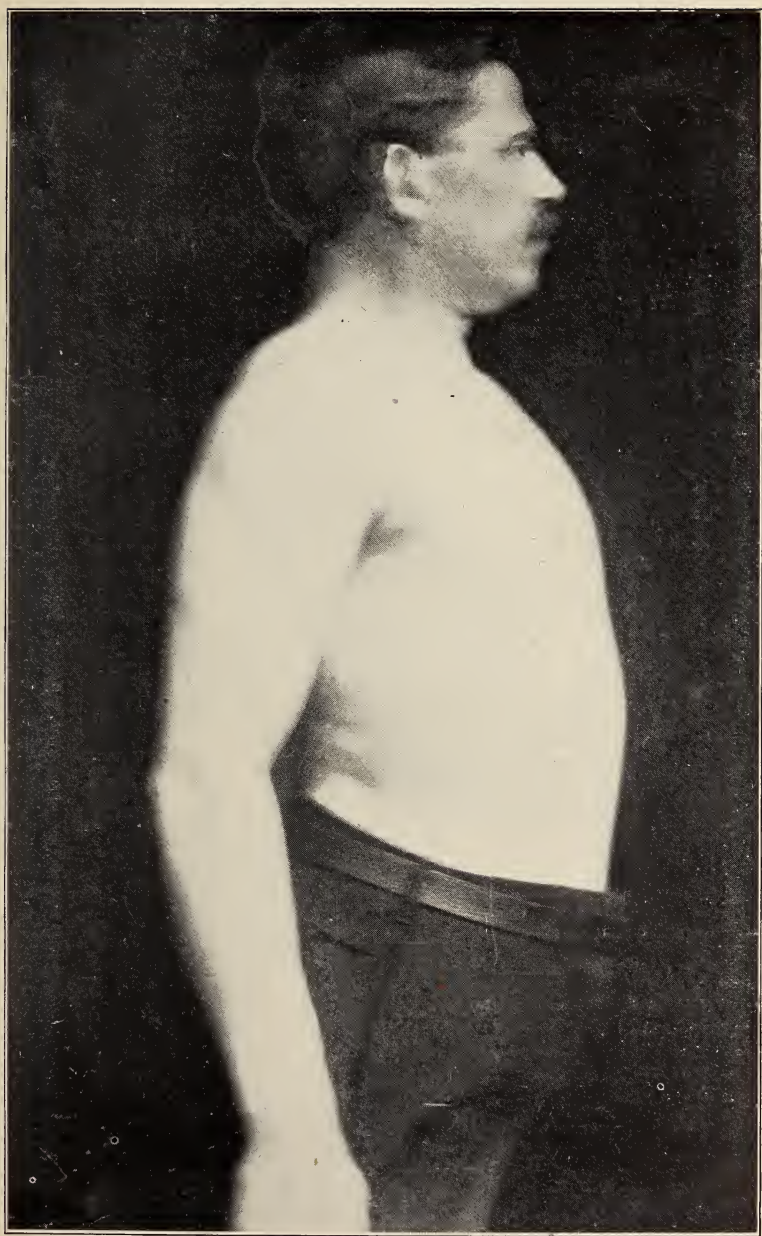


Your mental condition will improve with your physical. Maximum mental capacity will only come with perfect health.

BREATHING EXERCISE. No. 4.

SHOWING LUNGS FILLED.

Notice how the wave of motion has now followed to the throat, showing the lungs fully inflated. Chest expansion over seven inches.



“Breathe right, eat right, exercise right and think right and you will be all right.”—*Sheldon*.

PHYSICAL EXERCISE. No. 1.

(SEE PLATE NO. 5.)

Raise the hands over the head, bringing them up from the side, not in front, raising on tip toe, reaching as high as possible (stretch) six times. This is the natural exercise to take on arising, one's first impulse is to stretch.

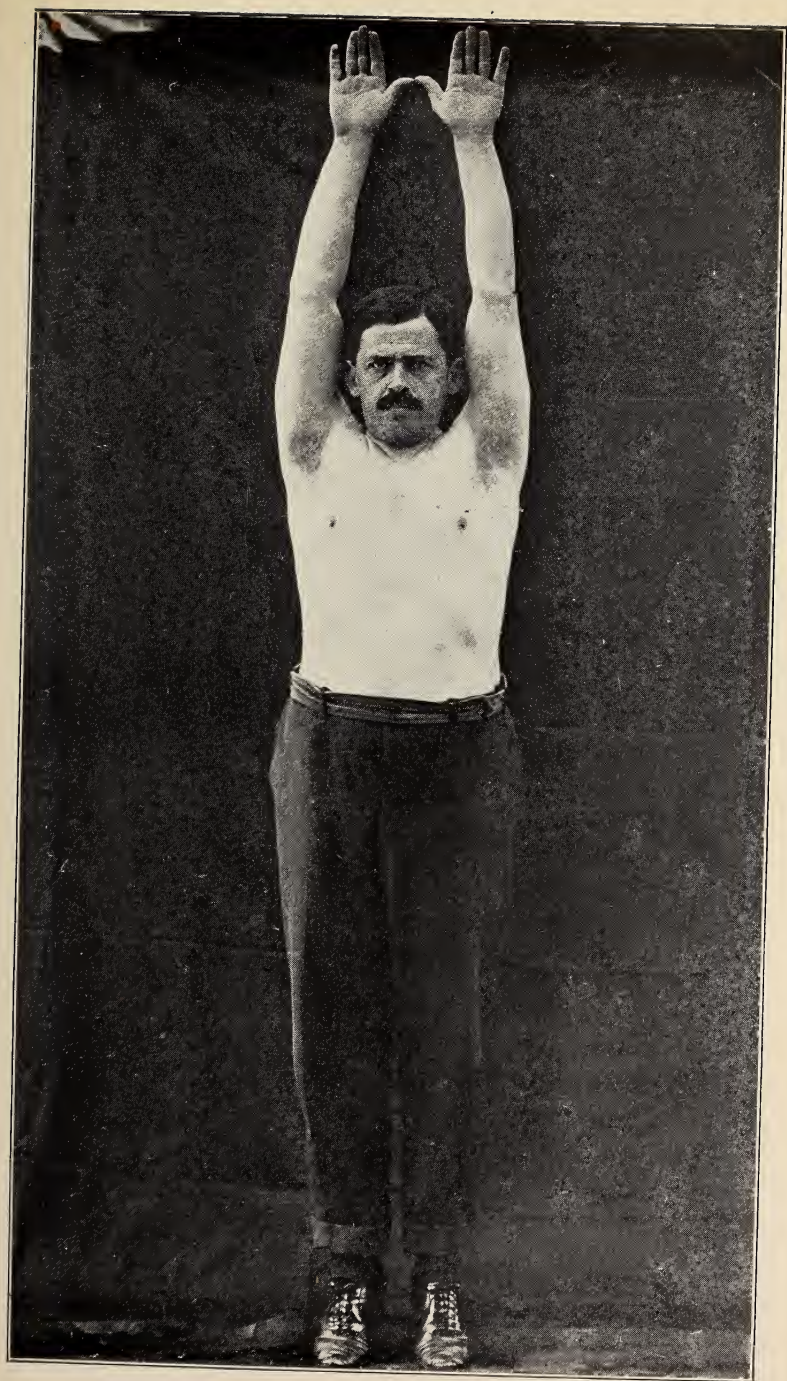


PLATE NO. 5.

Increase your area by building up your Ability (A), Reliability (R), Endurance (E) and Action (A). You see where exercising comes in.

PHYSICAL EXERCISE. No. 2.

(SEE PLATE NO. 6.)

The reverse of Physical Exercise No. 1. Hands in front of the body and push down vigorously six times.



Distend the abdomen by a deep breath and tap same vigorously with the tips of the fingers fifty times. This is very beneficial to the digestion and the general toning up of the muscles.

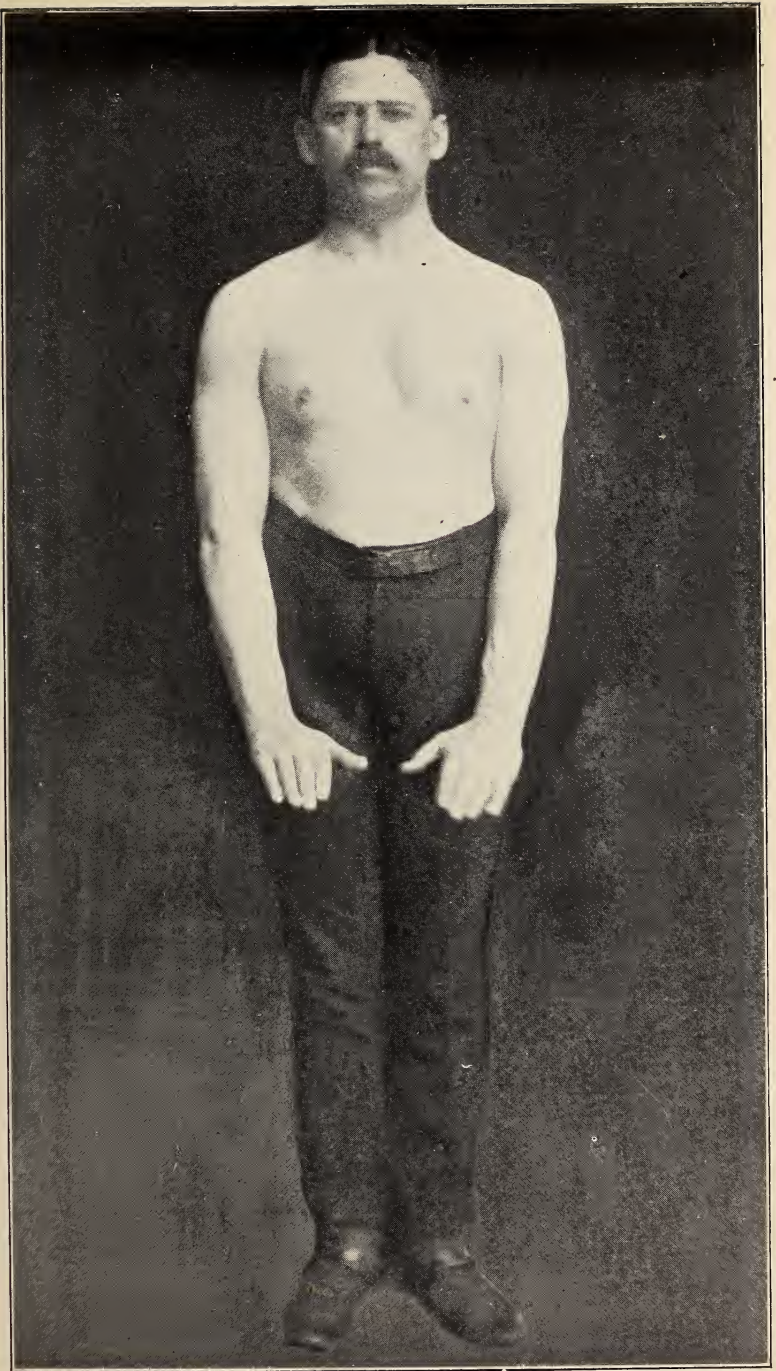


PLATE No. 6.

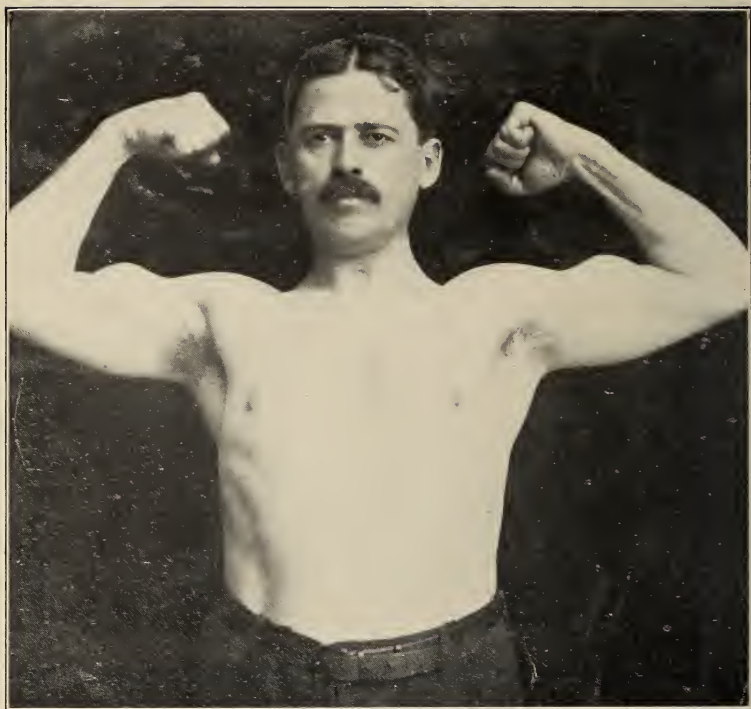


PLATE NO. 7.

Showing the muscular development of the shoulders and arms after five months exercise twenty minutes each day.

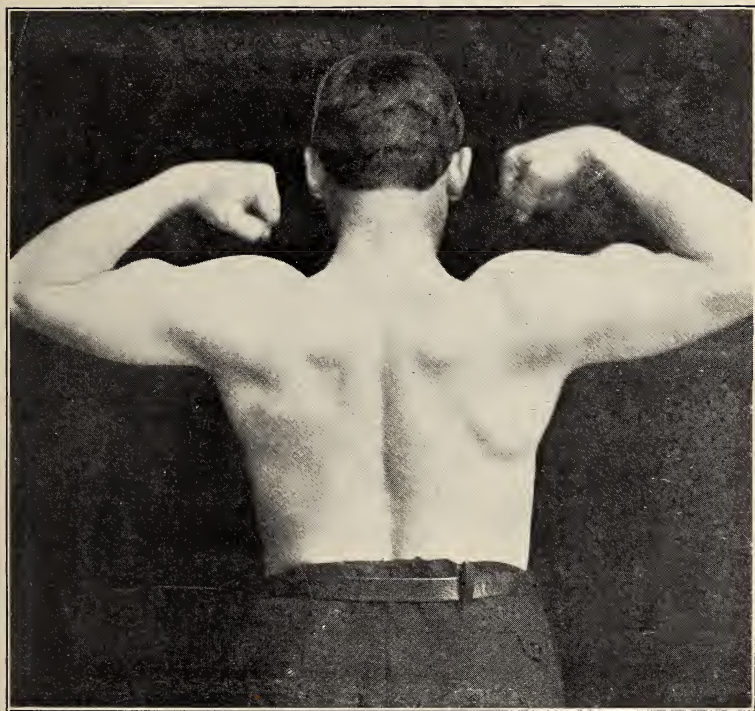


PLATE No. 8.

Showing the muscular development of the shoulders, arms and back after five months of exercise twenty minutes each day.

“Any man’s value to an employer is in inverse ratio to the amount of supervision he requires; less supervision more value, more supervision less value.”—*Sheldon*.

PHYSICAL EXERCISE. No. 3.

(SEE PLATE NO. 9.)

This exercise consists of thirteen movements.

1. Bend forward at the hips. (See engraving).
2. Twist to the left as far as possible without changing the position of the feet.
3. Twist to the centre. (Position 1).
4. Twist to the right as in Position 2.
5. Back to the centre. (Position 1).
6. Stand erect.

(Continued on Page 26.)



PLATE NO. 9.

Exercise with your mind on the exercise.

PHYSICAL EXERCISE. No. 3.

(Concluded.)

(SEE PLATE NO. 10.)

7. Bend backwards at the hips. (See engraving).
8. Twist to the left.
9. Twist to the centre. (Position 7).
10. Twist to the right.
11. Back to the centre. (Position 7).
12. Stand erect.
13. Finish by a vigorous dip flexing the knees. This exercise is particularly good for indigestion and taking off bay windows.

REPEAT SIX TIMES.



PLATE NO. 10.

Eat with your mind free from business cares
and permit nature to work naturally.

PHYSICAL EXERCISE. No. 4.

(SEE PLATE NO. 11.)

Raise the knee vigorously as high as possible—you should be able after a little practice—to bring the leg right up along the abdomen and chest without bending forward. Repeat from ten to twelve times with each leg.

This exercise will be found fine for strengthening abdominal muscles, reducing girth, etc.

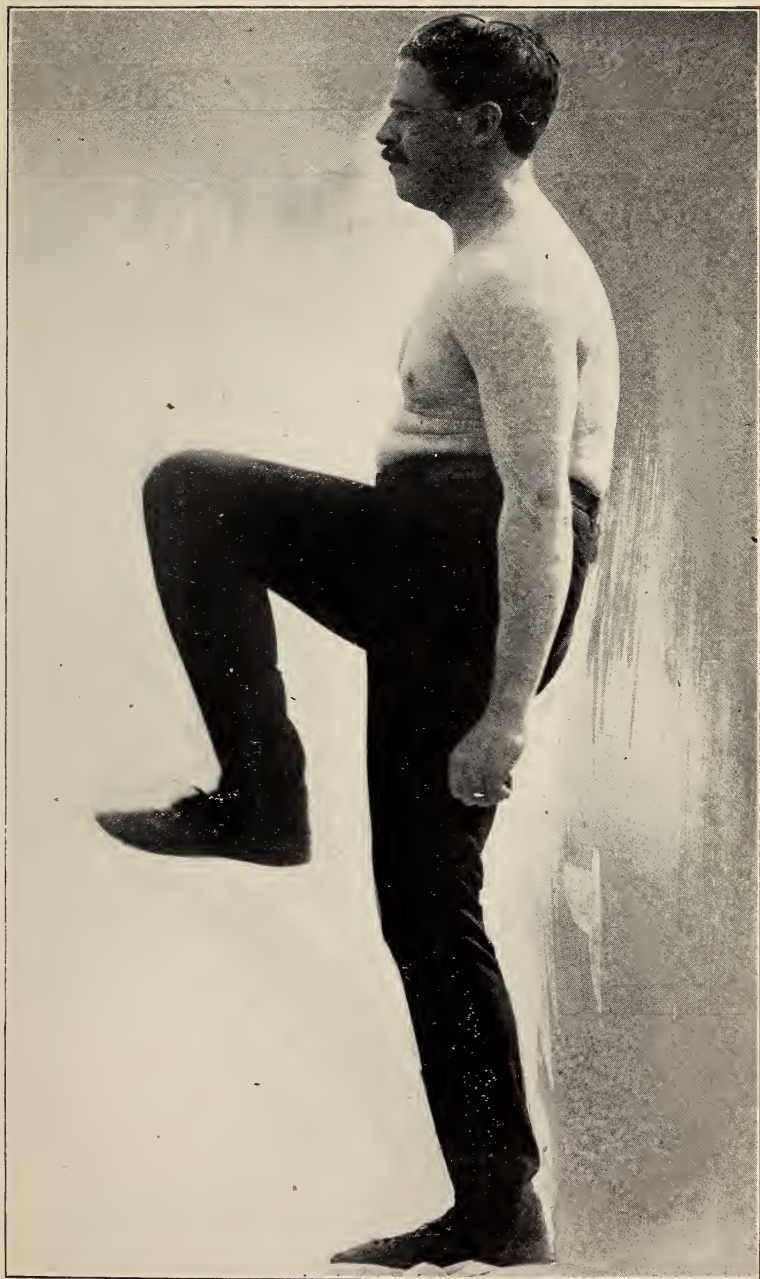


PLATE NO. II.

Practice Rhythmic Breathing until it becomes your natural breath and you will then breathe right.

PHYSICAL EXERCISE. No. 5.

(SEE PLATE NO. 12.)

Get down on the floor on the hands and toes, arms straight. Lower the body slowly so that the chest touches the floor. (See Plate 12.) Then raise the body slowly to first position. Repeat as many times as possible, not exceeding ten times. Keep back and limbs rigid. This is pronounced the best setting up exercise ever evolved.



NOTE--To secure development and the best results each exercise should be taken long enough to tire the muscles, but never to point of exhaustion. Each exercise should be done vigorously, not in a lackadaisical way, with some vim and action, one set of muscles resisting the other.

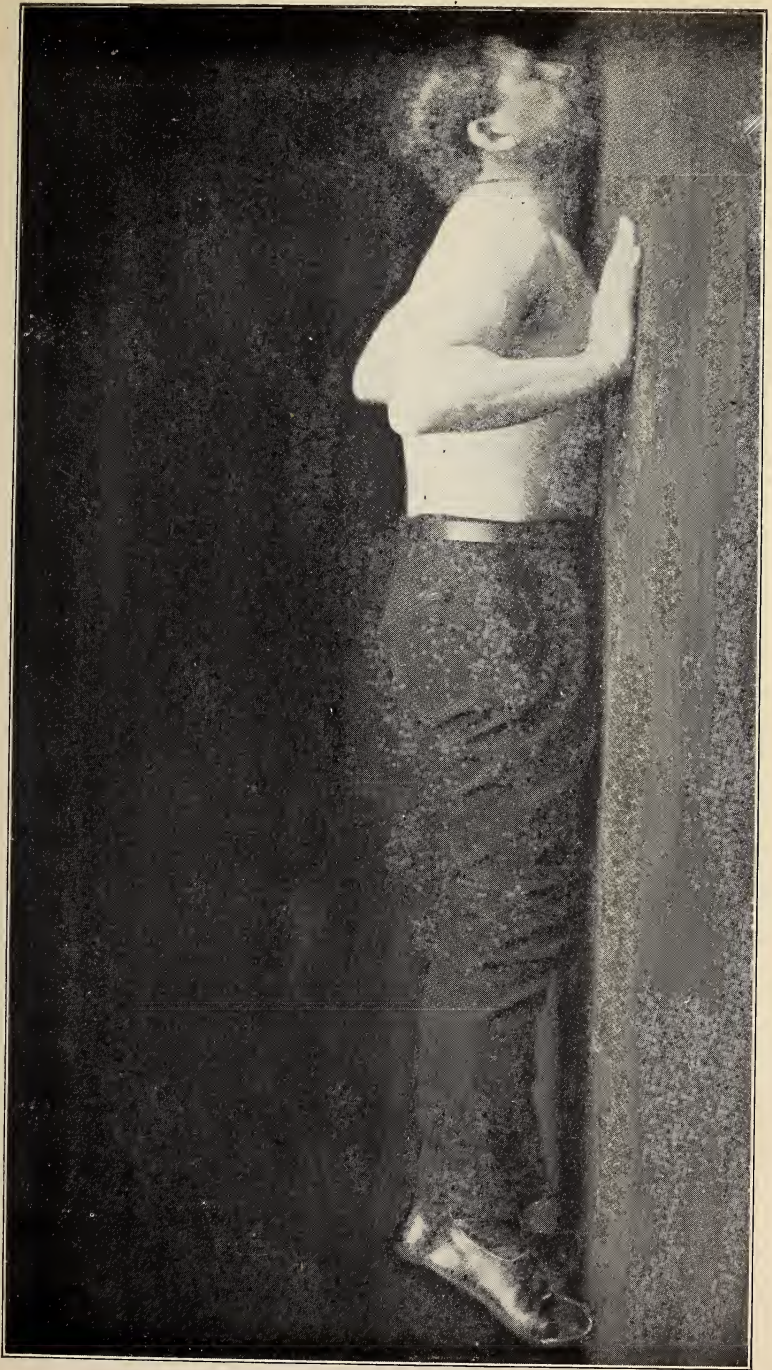


PLATE NO. 12.

A FEW HINTS

ON

CORRECT EATING, BREATHING, EXERCISING AND THINKING.

As a rule a normally healthy man can safely eat anything his appetite craves. It is the abnormal appetite we want to watch. Get your physical condition right and working in harmony and you will forget you have digestive organs so far as their giving you any trouble is concerned. Exercise is the only thing we know of that will do it.

Rythmic Breathing is the natural breath; practice it faithfully and you will be rewarded a thousand fold for the little time and effort put forth to acquire the habit, in increased vitality and vigor.

Walking is a splendid exercise, especially if you practice proper breathing and walk right. There is nothing in slouching or loafing along with only sufficient effort to move. Stand erect, head up, active chest and walk with a swinging, vigorous stride, using the foot in a natural heel and toe movement.

THINK! Sheldon says: "Only a few men really think, a good many think they think, but the majority only think they think, they think." Analyze, weigh carefully and form accurate judgments of *your own*. Exercise your intellect and you will become strong intellectually.

SIMPLE DAILY PROGRAM.

5:30 a. m. Get up and take a bath. I take a tepid bath;
take a cold one if you like it.

5:45
to a. m. Exercise.

6:05

6:05
to a. m. Shave.

6:15

6:15
to a. m. Dress.

6:30

6:45 a. m. Breakfast.

7:15
to a. m. Get to the office, leisurely walk if possible.

8:00

8:00 a. m.
to Or any old time. Do things. GET BUSY.

12:00 p. m.

**WHAT THE PRACTICE OF THESE EXERCISES
15 TO 20 MINUTES A DAY WILL
DO FOR ONE.**

The writer advocates first a five minute breathing exercise, this taken after a bath and vigorous rub down will start the circulation along strongly and lead up naturally to the more strenuous physical movements that follow. Then take each of the five movements as shown as many times as seems best, observing Note on Page 30.

A practice of this program for 10 days will give you an appreciation of what its use every day will do for you. It will positively relieve and cure most chronic ailments which are generally due to impoverished blood and poor circulation.

The breathing exercise will cure Catarrh, Hay Fever, etc., to say nothing of the great benefit derived from it as a vitalizing agent for the entire body.

The physical movements will develop every muscle in the body, stimulate the liver, stomach and bowels to a natural performance of their functions and in a very short time produce a harmonious action of these organs, relieving all tendency to indigestion, constipation, piles and kindred ailments.

These exercises will not overtax the weakest heart. You will as the writer did get strong without realizing it.

CONCLUSION.

The purpose of this manual is the betterment of the *man*, mental and physical. Everyone now a days appreciates that in order to have a strong and active mentality he must be strong and active physically. The well rounded man has Ability, Reliability, Endurance and Action. The development of these faculties and qualities determines the AREA of the man and the man with the biggest Area is the biggest man. It takes a big man to *do things*. Be a big man. *You can*.

To be right physically we must exercise right, breathe right, eat right, and think right. If we will do these four things conscientiously we will soon be *all right, mentally and physically*. Do you know what it means to enjoy the maximum of your mental capacity? One never does, neither does he have this capacity until his physical condition is improved. When one's physical condition becomes one of "Perfect Health" with all organs properly performing their functions the mental health reaches its maximum, tasks which formerly appeared insurmountable appear feasible, hard tasks easy, and you feel that you can accomplish anything that any *man* can. A good way to feel, isn't it?

The price is not the paltry sum we are obliged to charge for it (because we cannot get engraving, paper, etc., for nothing, neither can we buy grey matter cheap) but it is effort, only Twenty minutes each day intelligently put in. It's worth it, isn't it? Try it ten days and then give us you answer. We want every man having the opportunity, to try these exercises, then if you are not satisfied send the book back, but please keep it as clean as possible, because there are many who prize them and will be glad to get this book if you do not want it.

NOTE—Special correspondence and advice tendered subscribers to this manual without charge. Special exercises will be formulated if necessary to fit conditions requiring same.

OUR PROPOSITION AND GUARANTEE.

We will send this manual to any responsible person (it is as good for women as men) on Ten Days trial. At the end of this period the book is to be paid for or returned to us in good condition. The only obligation we ask you to assume is you *agree* to follow the exercises for *Ten Days*. If you do this we will do the rest.

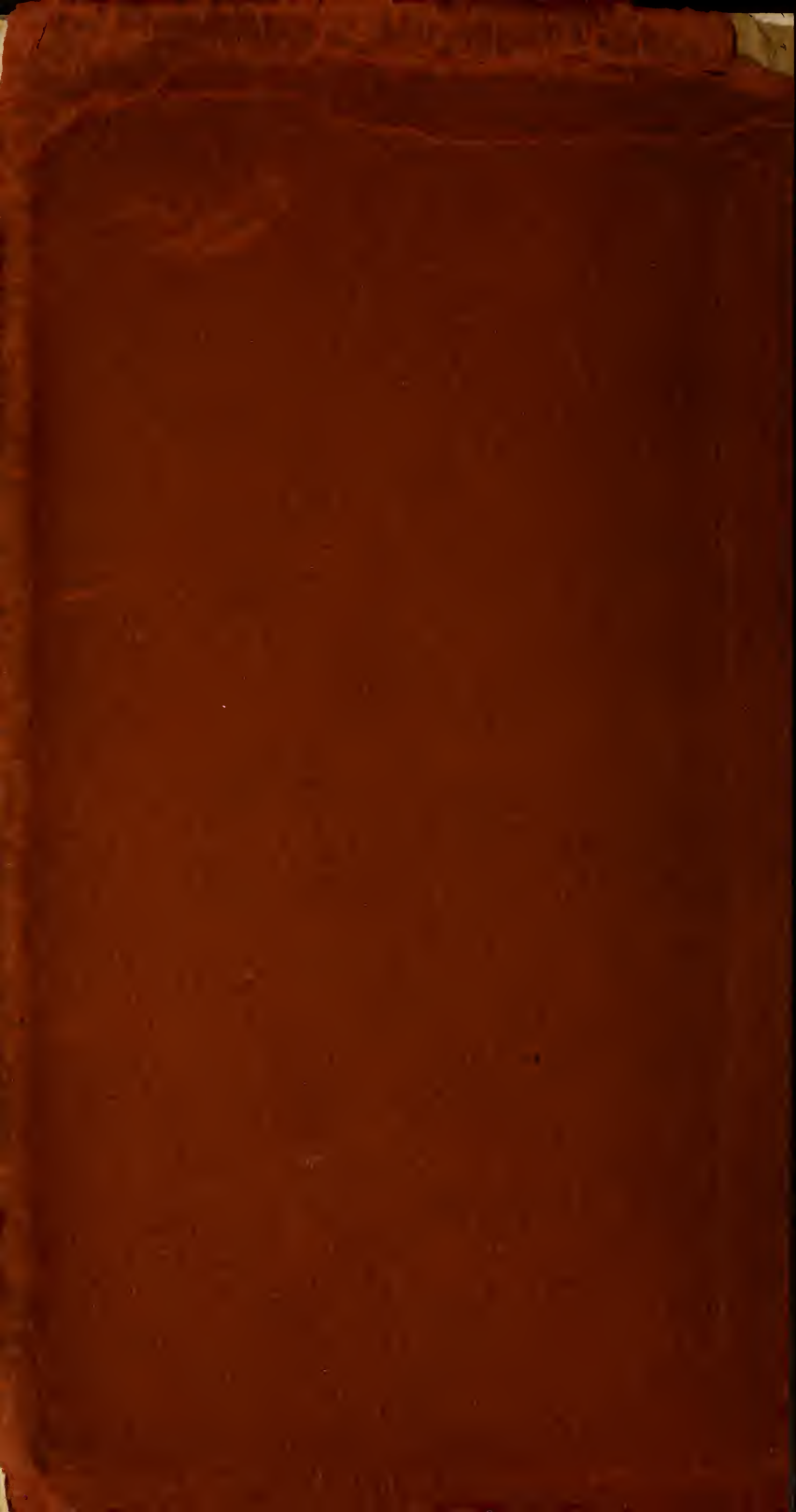
The cash price, subject to our guarantee to refund the money if you use the exercises and are not satisfied at the end of ten days, is \$5.00.

The price to anyone desiring to try it first is \$5.50 to be paid us in Ten Days if book is not returned. You know it costs money to enter accounts and look after collections.

A special De Lux edition in Vellum cover with name of purchaser on same in gilt letters, \$6.00 cash.

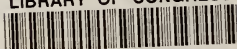






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